STAR TRAC 3900 TREADMILL

OWNER'S MANUAL

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STAR TRAC BY UNISEN, INC.

STAR TRAC 3900 TREADMILL
OWNER'S MANUAL

IMPORTANT SAFETY INSTRUCTIONS

WARNING:

This product is for use on a circuit having a nominal rating of more than 120 volts and is factory-equipped with a specific electric cord and plug to permit connection to a proper electric circuit. Make sure that the product is connected to an outlet having the same configuration as that of the plug. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

SAVE THESE INSTRUCTIONS

(800)-503-1221

Star Trac's Service Hotline, 6 a.m. to 6 p.m. P.S.T.:
or call International Product Support in USA (1) 714-669-1660.

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INTRODUCTION

Welcome to the world of ***STAR TRAC.*** In your hands is the owner's manual that will acquaint you with your ***STAR TRAC 3900 TREADMILL*** assembly, operation and maintenance so that you may begin reaching your fitness goals.

We highly recommend that you read this owner's manual prior to setting up and using your treadmill. The information on the following pages will enable you to begin easily, quickly and safely.

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SAFETY INSTRUCTIONS

CHAPTER 1

These safety notes are directed to you as the owner of the ***STAR TRAC 3900 TREADMILL.*** Please train all your members and fitness staff to follow these safety instructions.

DO

Do encourage your members to discuss their health program or fitness regimen with a health care professional, especially if they have not exercised for several years, are over 35, or are overweight.

Do read all instructions in this manual before using your treadmill.

Do use your treadmill only for its intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.

Do stop operating your treadmill if you feel dizzy or faint.

Do exercise slowly until you reach a level of comfort and security.

Do warm up and cool down before and after each workout.

Do set your goals.

Do complement your walking, jogging, and running with a nutritious diet.

Do try charting your progress using the feedback from your treadmill.

Do try using the incline feature to burn more calories and strengthen your lower-body muscles.

DO NOT

Do not let unsupervised children operate your treadmill. Supervise invalids or disabled persons who use your treadmill.

Do not leave your treadmill unattended when it is plugged in. Unplug it from the outlet when it is not in use, and before you remove or replace any parts or accessories.

Do not use your treadmill without athletic shoes.

Do not jump on or off your treadmill if the belt is moving.

Do not use or store your treadmill outdoors or in an enclosed pool environment.

Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.

Do not place water bottles or cups on your treadmill unless you are using an accessory attachment designed for the treadmill. Do not use your treadmill where aerosol (spray) products are being used or where oxygen is being administered.

Do not run the equipment with the motor shroud removed, or modify the equipment in any way.

Do not overtighten the running belt.

(Continued on P. 4)

DO

Do perform regular preventive maintenance.

Do keep the electrical cord away from sources of excessive heat.

Do keep the treadmill air openings free of lint, hair, etc.

Do unplug your treadmill before doing any maintenance or cleaning.

DO NOT

Do not operate your treadmills if it has a damaged cord or plug. if it is not working properly, if it has been dropped or damaged, or if the display shows an error code. Call your dealer, or Star Trac at (800) 503-1221.

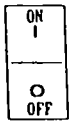
CAUTION: Read the Owner's Manual completely before operating this treadmill.

CAUTION: Before cleaning or servicing, disconnect power supply.

CAUTION: Moving parts, keep hands and feet from under the treadmill when operating.

Stop (of action).

Alternating current.



On

Off

STAR TRAC 3900 TREADMILL

SAFETY INSTRUCTIONS — TRANSLATIONS

- Dutch
- French
- German
- Italian
- Portuguese
- Spanish
- Swedish

STAR TRAC TR3900 HARDLOOPBAND

VEILIGHEIDSINSTRUCTIES

WAARSCHUWING

Dit produkt is voor gebruik op een circuit met een nominale waarde van 120 volt en is in de fabriek uitgerust met een speciaal elektrisch snoer en stekker om verbinding met een passend elektrisch circuit toe te staan. Zorg ervoor dat dit produkt verbonden is met een stopcontact dat dezelfde configuratie heeft als de stekker. GEBRUIK GEEN ADAPTER BIJ DIT PRODUKT. Als het produkt opnieuw verbonden moet worden met een ander type van elektrisch circuit, dan moet deze verbinding gemaakt worden door gekwalificeerd onderhoudspersoneel.

VOORZICHTIG: NEEM DE STEKKER UIT HET STOPCONTACT VOOR HET REINIGEN OF ONDERHOUD.

VOORZICHTIG: LEES HET INSTRUCTIEHANDBOEK VOORDAT U DE MACHINE BEDIENT.

STOPPEN (VAN ACTIE)

WISSELSTROOM

AAN

UIT

VEILIGHEIDSINSTRUCTIES

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de ***STAR TRAC TR3900 HARDLOOPBAND.*** Train uw leden en fitness-personeel om deze veiligheidsinstructies te volgen.

LEES ALLE INSTRUCTIES VOORDAT U DE HARDLOOPBAND GEBRUIKT.

WAARSCHUWING: Om het risico van een elektrische schok te verminderen, dient u de stekker van de hardloopband **ALTIJD** uit het stopcontact te nemen voordat u hem schoonmaakt.

DOE DIT WEL

Stop de bediening van de hardloopband als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.
Weet hoe ver u kunt gaan.
Neem de stekker uit het stopcontact voordat u de band reinigt of welk onderdeel dan ook verwijdert of vervangt.
Gebruik dit produkt alleen voor het doeleinde waarvoor het bestemd is.
Verricht regelmatig preventief onderhoud.
Houd het snoer bij verwarmingssystemen vandaan.
Wacht totdat de lopende band stil staat voordat u van de hardloopband stapt.
Houd luchtopeningen vrij van pluizen, haar etc. Bedien de hardloopband nooit met geblokkeerde luchtopeningen.
Schakel de stroom uit bij de contactschakelaar.

DOE DIT NIET

Laat kinderen niet zonder toezicht de hardloopband bedienen.
Ga de band niet op of af terwijl deze loopt.
Niet buiten gebruiken.
Draai de lopende band niet te strak aan.
Bedien de hardloopband niet als deze een beschadigd snoer of stekker heeft, als hij niet goed werkt of als hij gevallen of beschadigd is. Neem contact op met uw geautoriseerde STAR TRAC detailhandelaar of de onderhoudsafdeling van STAR TRAC op +1 (714) 669-1660 of bezoek onze website op http://www.star-trac.com voor een onmiddellijke inspectie of reparatie.
Gebruik de hardloopband niet zonder gymschoenen.
Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening van het apparaat dan ook of onder het apparaat.
Plaats geen waterflessen of bekers op uw hardloopband tenzij u een houder heeft die speciaal ontworpen is voor hardloopbanden. Gebruik uw hardloopband niet in een omgeving waar spuitbussen worden gebruikt of waar zuurstof wordt toegediend.
Bedien het apparaat niet zonder de motorafscherming of pas het apparaat op geen enkele wijze aan.

MESURES DE PRECAUTION

Ces instructions sont destinées su propriétaire du ***TAPIS STAR TRAC 3900.*** Assurez vous que votr personnel et vos adhérents les suivent toujours.

Encouragez vos adhérents à parler de leur programme d'entraînement à un médecin ou un entraîneur, en particulier s'ils n'ont pas eu d'activité sportive pendant plusieurs années, s'ils ont plus de 35 ans ou s'ils ont des kilos superflus.

Lisez le manuel avant fair fonctionner le tapis.

Utilisez le tapis exclusivement aux fins dont il est destiné. N'utilisez pas d'accessoires qui n'ont pas été recommandés par le fabricant.

Attachez toujours vos lacets et vêtements quand vous courez sur le tapis.

Arrêtez si vous êtes pris de vertiges ou épuisé.

Commencez toujours à une vitesse lente.

Respectez les périodes d'échauffement et de récupération.

Entrez vos objectifs.

Complétez votre entraînement par un régime alimentaire.

Suivez votre progrès grâce aux informations du tableau de bord.

Essayez d'utiliser l'inclinaison afin de brûler plus de calories et de renforcer les muscles de membres inférieurs.

Ne laissez pas d'enfants non-accompagnés sur le tapis. Une surveillance très stricte est néecessaire si des personnes invalides ou handicapées utilisent le tapis.

Ne laissez jamais le tapis sans surveillance s'il est branché. Débranchez le tapis si vous ne l'utilisez pas ou avant de monter ou démonter des pièces.

Utilisez le tapis uniquement avec des chaussures appropriées.

Ne descendez pas ou ne montez pas sur un tapis qui est en fonction.

N'utilisez ou ne stockez jamais le tapis à l'extérieur ou près d'une piscine.

Ne laissez rien rentrer dans les ouvertures. Ne posez pas vos pieds sous l'appareil.

Ne posez pas de bouteilles ou verres d'eau sur l'appareil sans être équipé avec le ( ) en option.

N'utilisez pas le tapis dans les endroits ou des aérosols ou de l'oxygène ont été utilisés.

Débranchez le tapis avant le nettoyage ou le changement de fusibles.

N'enlevez pas de vis, ne modifiez pas l'appareil.

Ne serrez pas trop fort la surface caoutchoutée.

Effectuez régulièrement l'entretien préventif du tapis.

Mettez les fils électriques à l'abri de chaleur.

Enlevez poussière, cheveux etc. de l'aération.

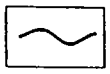
N'utilisez pas cet appareil si les fils ou la fiche sont endommagés, s'il est tombé ou cassé. Appelez votre distributeur pour une révision ou réparation.

ATTENTION: LISEZ SOIGNEUSEMENT LE MANUEL D'UTILISATION AVANT D'UTILISER CE TAPIS ROULANT

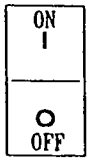
ATTENTION: DÉBRANCHEZ A LA SOURCE AVANT D'EFFCIUER UN ENTRETIEN DU UNE RÉPARATION

ATTENTION: NE PAS GLÍSSER LAS MAÍNS OU LES PIAOS SOUS LE TAPIS ROULANT EN ACTION

ARRÊT (MISE HORS SERVICE)



COURANT ALTERNATIF



OUVRE

FERME

STAR TRAC 3900 LAUFBAND

SICHERHEITSVORSCHRIFTEN

WARNUNG

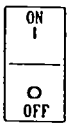
Dieses Produkt ist für den Gebrauch an einer passenden Netzsteckdose mit 220 Volt Spannung bestimmt und werkseitig mit einer dafür vorgesehenen Netzleitung und einem Netzstecker ausgerüstet. Stellen Sie sicher, daß das Gerät nur an einem Anschluß mit gleicher Bauart wie der Stecker angeschlossen wird. VERWENDEN SIE KEINEN ADAPTER FÜR DEN BETRIEB DES TR 3500 !Wenn das Gerät zum Betrieb an einem anderen Stromnetz auf einen anderen Netzstecker umgerüstet werden muß, sollte die Umrüstung durch einen qualifizierten Elektriker durchgeführt werden.

ACHTUNG: GERÄT VOR DEM REINIGEN ODER WARTEN VON DER STROMVERSORGUNG TRENNEN

ACHTUNG: VOR DER BENUTZUNG SICHERHEITSVORSCHRIFTEN LESEN

BEDIENUNG UNTERBRECHEN

WECHSELSTROM



EIN

AUS

SICHERHEITSVORSCHRIFTEN

Diese Sicherheitshinweise sind an Sie, den Besitzer des Laufbandes ***STAR TRAC TR 3900*** gerichtet. Bitte weisen Sie Ihre Mitglieder und Ihre Fitneß-Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

LESEN SIE ALLE ANWEISUNGEN VOR DER BENUTZUNG DES LAUFBANDES.

WARNUNG: Um das Risiko eines elektrischen Schlages zu vermeiden, nehmen Sie den Stecker des Laufbands vor dem Reinigen **IMMER** aus der Netzsteckdose.

SIE SOLLTEN...

Die Benutzung des Laufbandes beenden, wenn Schwindel oder Benommenheit auftritt.
An Ihre Grenzen denken.
Das Laufband vor jeglichen Wartungs- und Reinigungsarbeiten abschalten.
Das Gerät nur für den vorgesehenen Verwendungszweck benutzen.
Regelmäßige vorbeugende Wartungsarbeiten durchführen.
Die elektrischen Leitungen von Wärmequellen fernhalten.
Den Stillstand des Laufriemens abwarten, bevor Sie das Laufband auseinanderbauen.
Die Lüftungsöffnungen frei von Staub, Haaren und Ähnlichem halten.
Das Laufband niemals mit verdeckten Lüftungsschlitzen betreiben.
Die Stromversorgung immer am Netzschalter abschalten.

SIE SOLLTEN NIEMALS...

Kinder das Laufband unbeaufsichtigt benutzen lassen.
Schutzvorrichtungen entfernen oder das Gerät umbauen.
Das Gerät im Freien benutzen.
Den Laufriemen überspannen.
Das Laufband mit beschädigter Netzleitung betreiben, wenn es nicht richtig funktioniert, heruntergefallen ist oder beschädigt wurde.Für sofortige Reparaturunterstützung kontaktieren Sie einen autorisierten Händler oder den Kundendienst von STAR TRAC telefonisch unter +1 714 669 1660, bzw. benutzen Sie unsere Web-Seite unter http://www.startrac.com.
Das Laufband ohne die passenden Sportschuhe benutzen.
Gegenstände in eine Öffnung am Gerät hineinfallen lassen.
Gegenstände, Hände oder Füße in eine Öffnung am Gerät stecken oder diese unter das Gerät legen.
Wasserflaschen oder Trinkbecher auf das Laufband stellen, es sei denn, Sie haben ein speziell für diesen Zweck und für dieses Laufband gedachtes Zubehörteil.
Das Laufband in Räumlichkeiten benutzen, in denen Produkte in Aerosoldosen (Sprays) angewandt werden oder in denen Sauerstoff verabreicht wird.
Das Laufband mit abgenommener Motorabdeckung laufen lassen, oder das Gerät auf irgendeine Art und Weise verändern.

TREADMILL STAR TRAC 3900

ISTRUZIONI DI SICUREZZA

ATTENZIONE

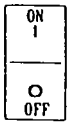
Questo prodotto è da usare su un circuito elettrico con una tensione nominale di 220 volt ed è fornito dalla fabbrica con un cavo elettrico e spina specifici per permettere il collegamento ad un circuito elettrico appropriato. Assicuratevi che il prodotto sia collegato ad una presa che abbia la stessa configurazione della spina. NESSUN ADATTATORE DEVE ESSERE USATO CON QUESTO PRODOTTO. Se il prodotto deve essere ricollegato per l'uso su un circuito elettrico diverso, il ricollegamento deve essere effettuato da un elettricista qualificato.

ATTENZIONE: PRIMA DI PULIRE O ESEGUIRE LA MANUTENZIONE, TOGLIETE LA SPINA

ATTENZIONE: PRIMA DI USARE LEGGETE IL MANUALE DELLE ISTRUZIONI

FERMA IL MOVIMENTO

CORRENTE ALTERNATA



ACCESO

SPENTO

ISTRUZIONI DI SICUREZZA

Queste indicazioni sono indirizzate ai proprietari del ***TREADMILL STAR TRAC 3900***
Chiedete a tutti i membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

LEGGETE TUTTE LE ISTRUZIONI PRIMA DI USARE IL TREADMILL.

ATTENZIONE: per ridurre il rischio di scossa elettrica, staccate **SEMPRE** la spina della corrente del treadmill prima di pulirlo.

DA FARE

Fermate il treadmill se vi sentite svenire o avete capogiri.
Siate coscienti dei vostri limiti.
Staccate la spina prima di pulire, spostare o cambiare qualsiasi parte del treadmill.
Usate questo prodotto solo per l'uso inteso.
Eseguite la manutenzione regolare.
Mantenete la corda elettrica lontana da fonti di calore.
Aspettate fino a quando il nastro è completamente fermo prima di scendere dal treadmill.
Pulite le prese d'aria da polvere, capelli e simili. Non usate mai il treadmill con le prese d'aria bloccate.
Spegnete la macchina tramite l'interruttore.

DA NON FARE

Non permettete a bambini di usare il treadmill senza sorveglianza.
Non salite o scendete dal treadmill mentre è in funzione.
Non usatelo all'aperto.
Non tirate troppo il nastro.
Non usate il treadmill se il cavo elettrico o la spina sono danneggiati, se non funziona come dovrebbe o se è caduto o è danneggiato. Contattate il vostro rivenditore autorizzato **STAR TRAC** o l'assistenza clienti dello **STAR TRAC** al numero +1 714 669 1660 o visitate il nostro sito Internet a http://www.startrac.com, per esame o riparazione immediata.
Usate il treadmill solo se calzate scarpe da ginnastica.
Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto del treadmill.
Non appoggiate bottiglie d'acqua o bicchieri sul treadmill a meno che non stiate usando un supporto progettato appositamente per il treadmill.
Non usate il treadmill in posti dove sono usati prodotti aerosol (spray) o dove è somministrato dell'ossigeno.
Non accendete il treadmill con il coperchio del motore rimosso, e non modificatelo in nessun modo.

ESTEIRA STAR TRAC 3900

INSTRUÇÕES DE SEGURANÇA

ADVERTÊNCIA

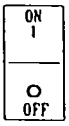
Este produto deve ser usado em um circuito com tensão nominal de 220 volts. Ele foi fabricado com um cabo de alimentação e plugue específicos para permitir a sua conexão com um circuito elétrico apropriado. Certifique-se de que o produto esteja conectado a uma tomada com as mesmas configurações do plugue. NÃO UTILIZE ADAPTADORES PARA ESTE PRODUTO. Se for necessário reconectar o produto para utilização em um tipo diferente de circuito elétrico, este procedimento deverá ser executado por pessoal qualificado.

ATENÇÃO: ANTES DE LIMPAR OU FAZER MANUTENÇÃO, DESCONECTE O APARELHO DA TOMA DA

ATENÇÃO: LEIA O MANUAL DE INSTRUÇÕES ANTES DE OPERAR A ESTEIRA

PARE (A AÇÃO)

CORRENTE ALTERNADA



I LIGAR

O DESLIGAR

INSTRUÇÕES DE SEGURANÇA

Estas observações de segurança destinam-se à você, proprietário da ***ESTEIRA STAR TRAC 3900***. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

LEIA TODAS AS INSTRUÇÕES ANTES DE USAR SUA ESTEIRA

ADVERTÊNCIA: para reduzir os riscos de choque elétrico, **SEMPRE** desconecte a esteira da tomada antes de limpá-la

Pare de usar a esteira se você se sentir fraco ou com tontura.
Reconheça seus limites.
Desconecte a esteira da tomada antes de limpá-la ou antes de remover ou substituir qualquer peça.
Utilize este equipamento única e exclusivamente para o seu devido fim.
Faça manutenção preventiva regularmente.
Mantenha o fio afastado de superfícies aquecidas.
Espere até que a esteira esteja completamente parada antes de descer do aparelho.
Mantenha as saídas de ar desobstruídas de fiapos de tecidos, cabelos e outros objetos. Nunca opere a esteira coma as saídas de ar bloqueadas.
Desligue o aparelho com o interruptor de força.

Não permita que crianças operem a esteira sem supervisão de um adulto.
Não suba ou desça da esteira enquanto ela estiver em movimento.
Não utilize a esteira ao ar livre.
Não estique demais o tapete da esteira.
Não opere esta esteira se o cabo de alimentação ou o plugue da tomada estiverem danificados, se ela não estiver funcionando perfeitamente ou se tiver sofrido queda ou danos. Procure seu revendedor autorizado **STAR TRAC** ou o departamento de assistência técnica **STAR TRAC** pelo telefone 1 714 669 1660 ou acesse nosso "web site" no endereço http://www.startrac.com para fazer uma consulta ou conserto imediato.
Não utilize a esteira sem calçar tênis.
Não deixe cair nem introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.
Não coloque garrafas d'água nem copos na esteira se não estiver utilizando o devido acessório projetado para esse fim. Não utilize a esteira onde estejam sendo usados produtos de aerosol (spray) ou em lugares onde esteja sendo administrado oxigênio.
Não opere o equipamento com a tampa do motor removida nem faça nenhuma modificação no equipamento.

TAPIZ RODANTE STAR TRAC 3900

INSTRUCCIONES DE SEGURIDAD

ADVERTENCIA

Este producto está preparado para utilizarse en un circuito de 220 voltios y se suministra equipado de fábrica con un cable y un enchufe eléctricos específicos para permitir su conexión a un circuito eléctrico apropiado. Asegúrese de que el producto se conecte a una toma de corriente con la misma configuración que el enchufe. NO UTILICE NINGÚN ADAPTADOR CON ESTE PRODUCTO. Si este producto necesita ser modificado eléctricamente para utilizarse en un tipo diferente de circuito eléctrico, dicha modificación debe ser realizada únicamente por el personal de servicio calificado.

ATENCIÓN: DESCONECTE EL SUMINISTRO DE CORRIENTE ANTES DE LIMPIAR O REPARAR

ATENCIÓN: LEA EL MANUAL DE INSTRUCCIONES ANTES DE SU UTILIZACIÓN

PARAR (EL FUNCIONAMIENTO)

CORRIENTE ALTERNA

ENCENDIDO

APAGADO

INSTRUCCIONES DE SEGURIDAD

Estas notas sobre seguridad van dirigidas a Vd. como propietario del ***TAPIZ RODANTE STAR TRAC 3900.*** Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

LEA TODAS LAS INSTRUCCIONES ANTES DE UTILIZAR SU TAPIZ RODANTE.

ADVERTENCIA: Para reducir los riegos de sufrir una descarga eléctrica, desenchufe **SIEMPRE** el tapiz rodante antes de limpiarlo.

QUÉ HACER

Detenga el tapiz rodante si se nota desfallecido o mareado.
Conozca sus limitaciones.
Desenchufe el tapiz rodante antes de limpiar, quitar o cambiar alguna pieza.
Utilice este producto sólo para los usos que está diseñado.
Realice un mantenimiento preventivo de manera regular.
Mantenga el cable separado de fuentes de calor.
Espere a que la cinta móvil haya parado antes de descender del tapiz rodante.
Mantenga las entradas de aire libres de pelusa, pelo y similares. No utilice nunca el tapiz rodante con las entradas de aire bloqueadas.
Desconecte de la corriente por medio del disyuntor.

QUÉ NO HACER

No permita que los niños utilicen el tapiz rodante sin supervisión.
No suba o baje del tapiz rodante mientras está funcionando.
No debe utilizarse en exteriores.
No tense demasiado la cinta móvil.
No utilice este tapiz rodante si tiene el cable o el enchufe dañados, si no funciona adecuadamente o si ha sufrido algún golpe o deterioro. Póngase en contacto con su vendedor autorizado de **STAR TRAC,** con el departamento de servicios de **STAR TRAC** llamando al número +1 714 669 1660 o accediendo a nuestra página de la web en http://www.startrac.com, para un examen o reparación inmediatos.
No utilice el tapiz rodante sin calzado deportivo.
No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.
No deje botellas de agua ni tazas sobre su tapiz rodante excepto si utiliza el accesorio adicional diseñado para este fin. No utilice su tapiz rodante en lugares en los que se están usando productos aerosoles (en spray) o en los que se está administrando oxígeno.
No encienda este aparato con la cubierta del motor retirada, ni lo modifique de ninguna manera.

STAR TRAC 3900-TRÆDEMØLLE

SIKKERHEDSINSTRUKTIONER

ADVARSEL

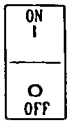
Dette produkt er beregnet til brug i forbindelse med et el-net med nominel effekt på 220 volt. Det leveres med særlig ledning og stik fra fabrikken, som kun passer til den korrekte type el-net. Sørg for, at produktet er sat til en stikkontakt, som har samme konfiguration som stikket. DER MÅ IKKE BRUGES ADAPTER TIL DETTE PRODUKT. Hvis produktet absolut skal omstilles til en anden slags el-net, skal omstillingen foretages af kvalificeret servicepersonale.

FORSIGTIG: AFBRYD EL-KABLET, FØR DU GØR RENT ELLER SERVICERER.

FORSIGTIG: LÆS INSTRUKTIONSHÅNDBOGEN FØR BRUG

STOP (AF FUNKTION)

VEKSELSTRØM



TÆND

SLUK

SIKKERHEDSINSTRUKTIONER

Disse sikkerhedsbemærkninger henvendes til ejeren af ***STAR TRAC3900-TRÆDEMØLLEN.*** Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

LÆS ALLE INSTRUKTIONERNE, FØR DU BRUGER DIN TRÆDEMØLLE.

ADVARSEL: For at mindske risikoen for at få elektrisk stød, skal du ALTID trække trædemøllens stik ud af kontakten, før du gør den ren.

SKAL

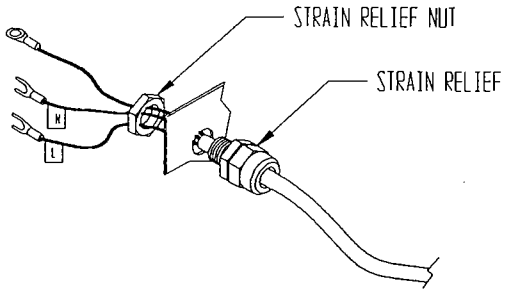
Stig af trædemøllen, hvis du bliver mat i kroppen eller svimmel.
Kend dine begrænsninger.
Træk trædemøllens stik ud af kontakten, før du gør den ren, eller fjerner eller udskifter en del.
Brug kun produktet til det formål, det er beregnet til.
Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.
Hold ledningen fri af varmeanlæg.
Vent til løbebåndet standser, før du stiger af trædemøllen.
Hold ventilationsåbningerne fri for fnug, hår og lignende. Brug aldrig trædemøllen med blokerede luftventilationsåbninger.
Sluk for elektriciteten på afbryderkontakten.

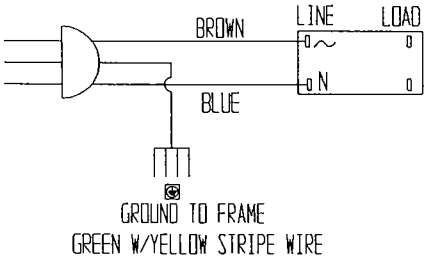
MÅ IKKE

Tillad ikke børn uden opsyn at bruge trædemøllen.
Stig ikke på eller af trædemøllen, mens den kører.
Brug ikke trædemøllen udendørs.
Stram ikke løbebåndet for meget.
Brug ikke trædemøllen, hvis ledningen eller stikket er beskadiget, hvis trædemøllen ikke fungerer rigtigt, eller hvis den er faldet ned eller væltet og er blevet beskadiget. Kontakt den autoriserede STAR TRAC, forhandler eller serviceafdelingen hos STAR TRAC Ring på +1 71 46 69 1660 eller du kan få fat i os på vores web-site: http://www.star-trac.com for øjeblikkeligt eftersyn eller reparation.
Brug ikke trædemøllen uden kondisko.
Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.
Stil ikke vandflasker eller kopper på trædemøllen, medmindre du har dertil beregnet tilbehør, som er specielt designet til trædemøllen. Brug ikke trædemøllen på steder, hvor der bruges aerosolprodukter (spray), eller hvor der administreres ilt.
Udstyret må ikke køre uden motorafskærmning, og det er ikke tilladt at ændre udstyret på nogen måde.

POWER CORD REPLACEMENT INSTRUCTIONS

1. TURN THE POWER OFF AND UNPLUG THE TREADMILL.
2. USING A PHILLIPS SCREW DRIVER, REMOVE THE SCREW ON THE CENTER FRONT OF THE MOTOR SHROUD, SEPARATE THE VELCRO BY PULLING AWAY ON THE SIDES OF THE SHROUD THEN SLIDE THE SHROUD UP THE FRONT RAIL TO ACCESS THE POWER CORD CONNECTION.
3. REMOVE THE GROUND SCREW AND DISCONNECT GROUND WIRE.
4. REMOVE THE BREAKER SCREWS AND DISCONNECT THE LINE (~) AND NEUTRAL (N) WIRE.
5. USING A 15/16 OR AN ADJUSTABLE WRENCH, LOOSEN THE STRAIN RELIEF NUT.
6. REMOVE POWER CORD.





7. INSTALL NEW POWER CORD BY SLIDING THE WIRES THROUGH THE MOUNTING PANEL HOLE.
8. TIGHTEN THE STRAIN RELIEF NUT.
9. CONNECT THE LINE AND NEUTRAL WIRES TO THE BREAKER WITH THE BREAKER SCREWS.
10. CONNECT THE GROUND TO THE FRAME WITH THE GROUND SCREW.
11. SLIDE THE SHROUD DOWN THE FRONT RAIL. PRESS THE SIDES OF THE MOTOR SHROUD ONTO THE SIDES OF THE SIDE FRAMES, CAUSING THE VELCRO TO ATTACH. TIGHTEN THE SCREW IN THE CENTER FRONT OF THE MOTOR SHROUD.

ASSEMBLY AND SETUP

CHAPTER 2

This chapter details how to assemble and set up your ***STAR TRAC 3900 TREADMILL.*** Please begin by verifying that the following parts were included in your shipment:

Description	Qty.
Frame Assembly	1
Motor Shroud	1
Front Handrail with Display Control Panel Attached	1
Side Handrails	2
Bolt, Hex Head, 5/16-18 UNC × 6"	2
Washer, Flat, 5/16, Standard	2
Washer, Flat, 3/16 ID × 1-3/8 OD	2
Screw, Button Head Socket Cap, 1/4"-28 UNF × 3/8" *	8
Hex (Allen) key, 5/64"‡	1
Hex (Allen) key, 1/8"‡	1
Hex (Allen) key, 5/32"‡	1
Hex (Allen) key, 1/4"‡	1
Bungee cord 28"‡	1
Screwdriver, Phillips, #2‡	1
Screwdriver, Flat Blade, 3/32"‡	1
Wrench, Combo, 9/16" & 7/8"‡	1
Relubrication wax packet‡	1
Rewax procedure‡	1
Teaspoon, plastic‡	1
Owner's Manual with Warranty Registration Card	1

Should any component not be present or if you have any operational questions, please call Star Trac's Service Hotline at (800) 503-1221. Specifically refer to your treadmill serial number and model number listed below:

Serial No._____

Model No._____

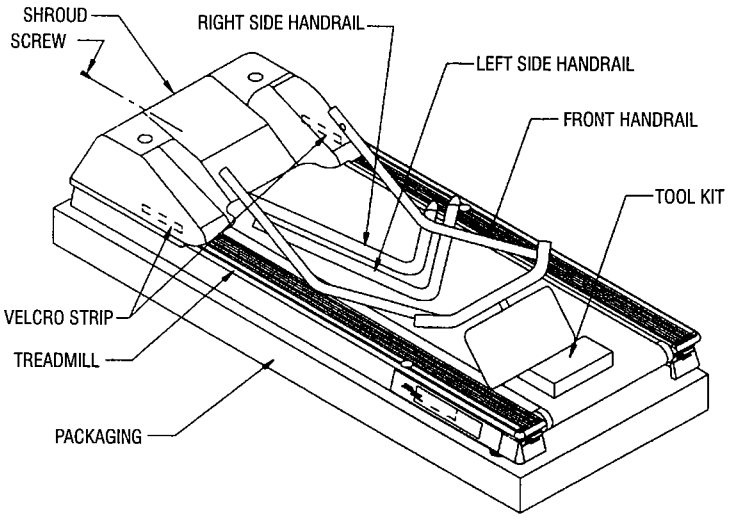
*Pre-inserted into handrails and connecting tubes (stubs)

‡Part of included ***STAR TRAC 3900 TREADMILL*** tool kit.

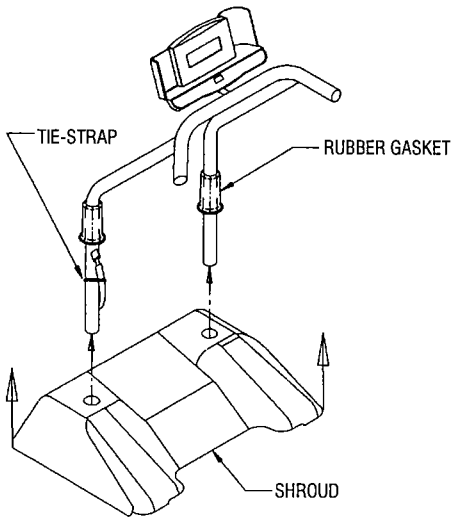
To assemble your ***STAR TRAC 3900 TREADMILL***, just follow these steps. Note: Don't finally tighten the bolts and screws until all the parts are fitted together.

1

Remove all the packaging material so that the treadmill is sitting, ready for assembly, on the shipping crate platform. With a helper, lift the treadmill frame from the shipping crate platform and place it in the location where it will be used. Make sure that it is near a power outlet. *Caution:* The motor shroud end of the treadmill is the heavy end, and may need two people to lift it.



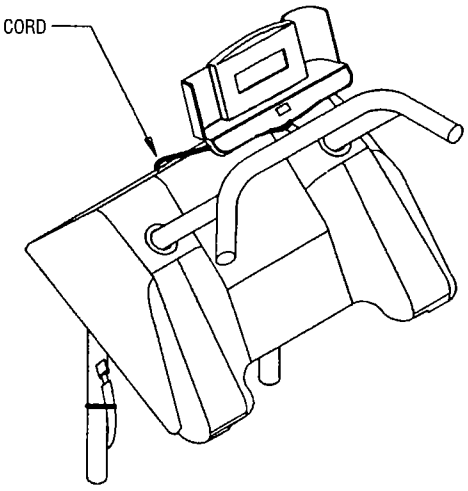
Remove the holding screw on the back center of the motor shroud. Detach the velcro along the inside of each lower side of the shroud. Lift the shroud from the treadmill and place it to the side of the unit.



2

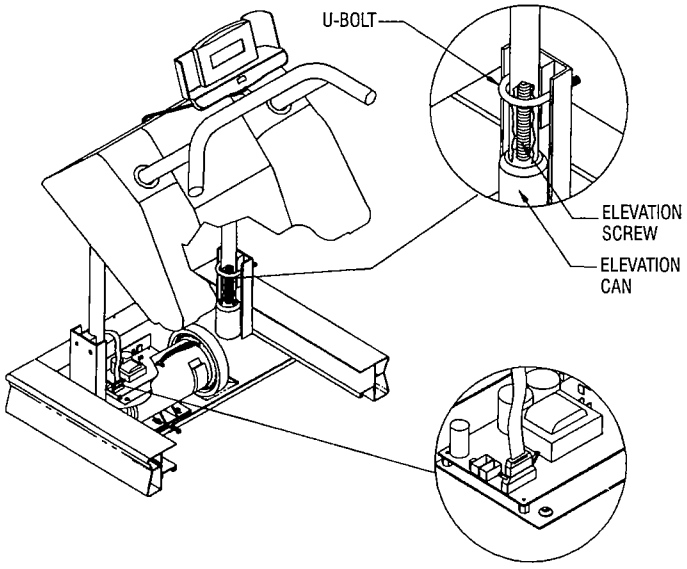
Locate the front handrail (the one with the display control panel attached). Do not remove the cable tie that secures the ribbon cable.

Lower the front handrail legs through the holes in the top of the motor shroud.



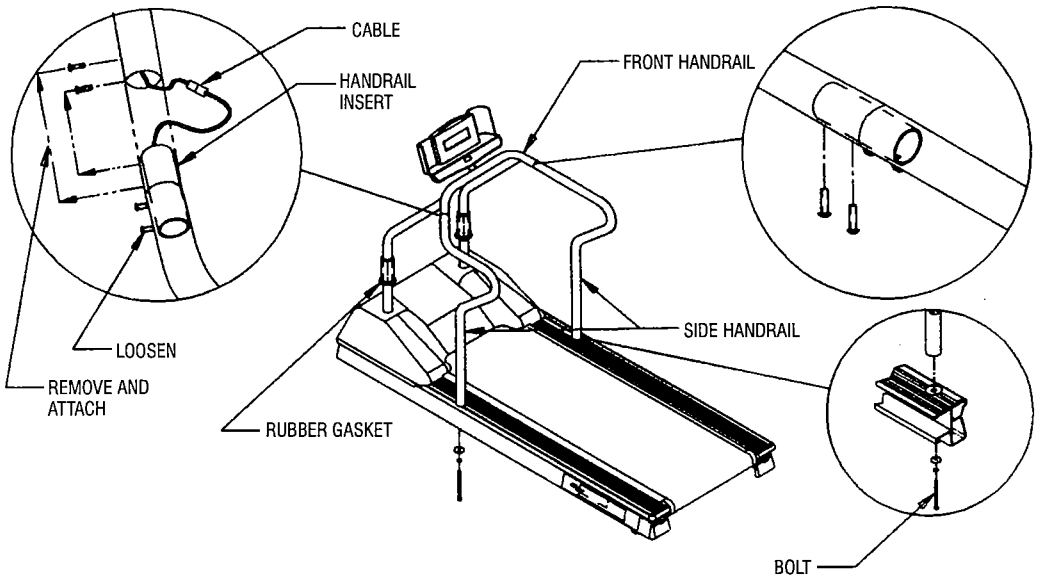
3

Lift the shroud and secure it to the display control panel support tube, placing the bungee cord around the tube and hooking it under the rim of the shroud as shown. The bungee cord should lift and hold the shroud halfway up the front handrail legs.



4

Lift the front handrail and shroud, and lower the front handrail legs over the elevation screws that stick up from the frame. The legs will pass through a U-bolt on each side, then come to a stop. Remove the cable tie that secures the ribbon cable to the front handrail leg. *Caution:* Take care not to put any undue strain on the ribbon cable and connector. Tighten the nuts on the U-bolts, but leave them loose enough for later adjustment of the front handrail. Insert the plug end of the ribbon cable in the connector at location J1 on the motor control board. It will go in only one way. Make sure the two locking arms latch over the plug. Remove the bungee cord, and lower shroud into place.



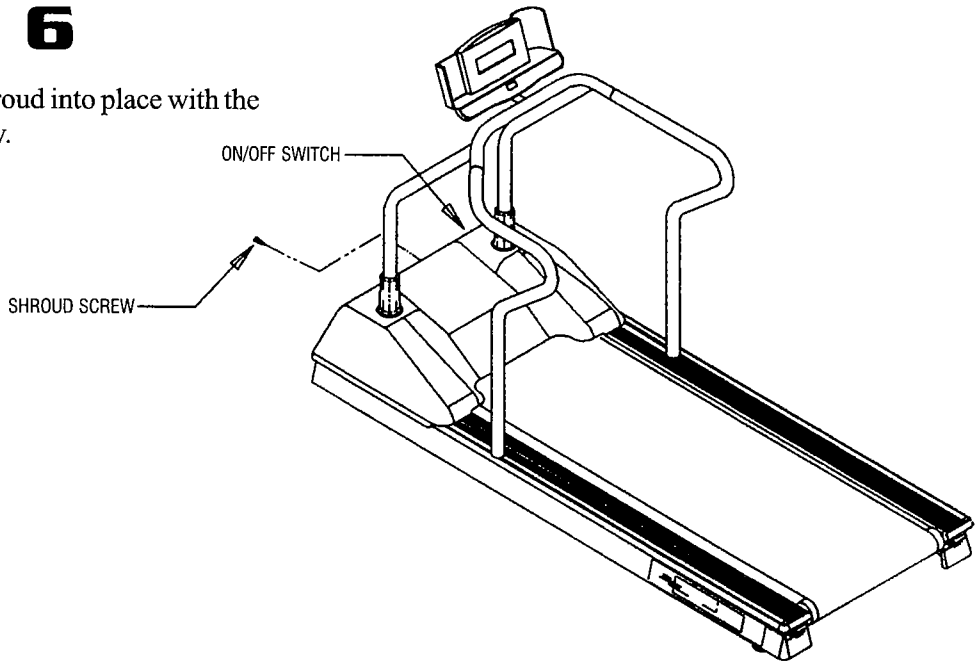
5

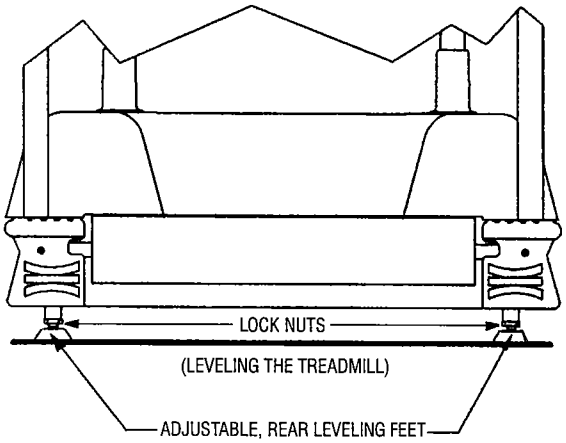
Locate the side handrails. Remove and place aside the four screws (two per side) that are on the stub sticking out of the upper end of the side handrails. Slide the side handrails stub into the front handrail, replace the four screws (two per side), and tighten loosely. *Note: If the holes do not line up, loosen the lower pair of screws and rotate the stub in the side handrail until they do line up.*

Attach the side rails to the side of the frame, inserting two bolts (3/8-16 × 4.0", SHCS), one per side, through the side handrails and the frame. Connect the bolts to two nuts (3/8-16, Nylok Hex) one per side. Tighten all bolts and screws.

6

Secure the shroud into place with the holding screw.



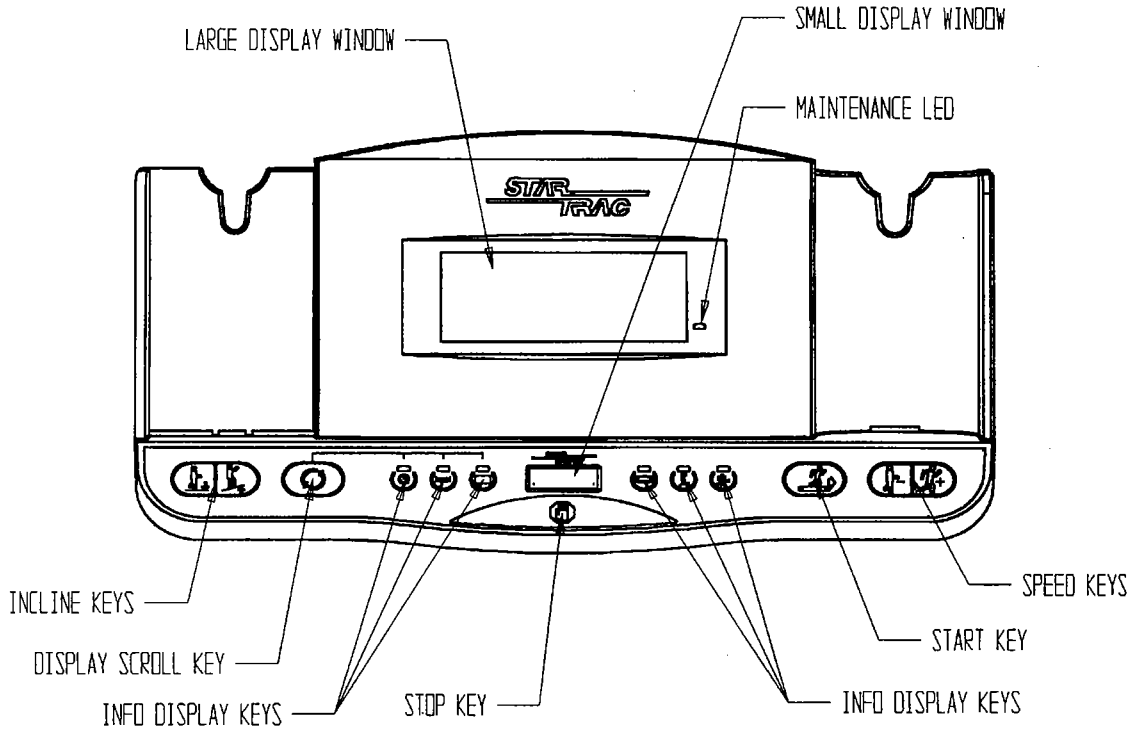


7

If necessary, level your treadmill using the two adjustable feet under the tailroller. Loosen the lock nuts, rotate the feet until the treadmill is stabilized, and retighten the lock nuts. You have now completed the assembly of your ***STAR TRAC 3900 TREADMILL.***

8

CALIBRATE: While depressing "DISPLAY SCROLL", turn the Power Switch "ON". Do not stand on the belt. Press "START". After treadmill stops, press "STOP" to end. Detailed instruction in this book (see Calibration Procedure).



STAR TRAC 3900 TREADMILL Display Control Panel

OPERATING INSTRUCTIONS

CHAPTER 3

Operating the ***STAR TRAC 3900 TREADMILL*** is very easy. Simply step onto the running belt, press , and begin walking or running naturally.

Learning the features and incorporating the ***STAR TRAC 3900 TREADMILL*** into your members' fitness programs is just as easy. In this chapter, you will learn the display function and how to get the most out of every ***STAR TRAC 3900 TREADMILL*** workout.

DISPLAY CONTROL PANEL FEATURES

Your ***STAR TRAC 3900 TREADMILL*** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display Control Panel shown on the opposite page features:

START Key: Starts your treadmill running belt moving.

STOP Key: Pauses you treadmill for 30 seconds when pressed once, ends your workout when pressed twice.

SPEED Key: Adjusts the running belt speed in 0.1 miles per hour (MPH) or 0.1 kilometer per hour (km/hr) increments. To increase or decrease your speed press the "SPEED +" or "SPEED -" keys respectively until the desired speed appears in the DISPLAY WINDOWS. The speed cannot be higher than the maximum speed of the unit. These keys repeat as you hold them depressed. These keys also start the running belt at the minimum speed of the unit.

INCLINE Keys: Adjust treadmill % Incline in .5% increments from 0% to the maximum elevation for the unit. These keys repeat as you hold them depressed.

DISPLAY SCROLL Key: When pressed, will scroll TIME, DISTANCE, and CALORIES in the displays.

Display Windows (large and small): Show information on your workout. The information consists of:

TIME Display Key: Upon activating this key, the display windows will show the elapsed time of your workout thus far.

DISTANCE Display Key: Upon activating this key, the display windows will show the total number of miles you have walked or ran thus far. The display windows will then toggle between your distance and elapsed time.

CALORIES Display Key: Upon activating this key, the display windows will show your calories expenditure thus far. The display windows will then toggle between your calorie expenditure and your elapsed time.

TRACK Display Key: Upon activating this key, the display windows will show your counter-clockwise progress around a 1/4-mile (400 meter) track. The display windows will then toggle between the track and your elapse time.

INCLINE Display Key: Upon activating this key, the display windows will show the current incline % of your workout. The display windows will then toggle between the incline % and your elapsed time.

SPEED Display Key: Upon activating this key, the display windows will show your current speed in mph or km/hr. The display windows will then toggle between your current speed and time.

MAINTENANCE LED: Indicates when it is time to rewax the belt and deck. SEE PREVENTATIVE MAINTENANCE.

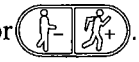
HINTS AND TIPS FOR GETTING STARTED

The following hints and tips will assist in training your users to maximize the fitness benefits of your ***STAR TRAC 3900 TREADMILL***.

- **Walk or run at a rate that feels comfortable and most natural, yet is sufficiently vigorous to get a good cardio workout.**
- **Try different walking or running rhythms.** In manual operation, adjust your pace from a low speed to higher speed, then back to low. As you become more comfortable with your treadmill, try going faster.

SIMPLE OPERATION

You may immediately begin to use your treadmill. Just follow these steps:

1. Move the ON/OFF switch on the front of the treadmill frame to ON.
2. Stand on the running belt and press or  . The belt will slowly reach its minimum speed of 0.5 mph or 1.0 km/hr.
3. If you wish to adjust the speed, press until your desired **SPEED** appears in the display window. Feel free to change your speed any time during your workout.
4. Adjust your incline (% grade) using the **INCLINE** keys. Feel free to change your incline during your workout.
5. Press any information display key to select the information you wish to show in the display windows.
6. If you wish to pause during your workout, press once. The running belt will slow to a stop. You may take 30 seconds to catch a breather, towel off, get a drink, or check your heart rate. If you press during this 30 seconds, your treadmill will return to minimum speed as in Step 2. If you do not press , within 30 seconds, your treadmill will reset. All workout data is reset to zero.
7. When you are ready to finish your workout, press twice. The running belt will slow to a stop.

NOTE: Your caloric expenditure in manual operation is based on a default weight of 155 pounds (70 kg).

TRAINING INFORMATION

CHAPTER 4

To assist you in your training program, this chapter provides you hints of how to stay motivated, climb up the conditioning ladder, and use training logs to chart your progress.

THE IMPORTANCE OF CARDIO EXERCISE

> *"Regular physical activity is essential to the performance, safety, and health issues faced by every American. It is never too late to be physically active, to exercise, and to enjoy the benefits of being physically fit."*
>
> —Arnold Schwarzenegger, Chairman
> President's Council on Physical Fitness and Sports

With your **STAR TRAC 3900 TREADMILL,** you've taken an important first step to achieving your fitness goal. But, you've got to stay motivated and stay with it. About half of all people who start an exercise program quit within 6 to 12 months. What is the key to success for the other half? Motivation.

If you stick with a consistent workout program for 30 minutes, three times a week, for 3 months, you'll be on you way to a long-term fitness program. Your investment will pay off in feeling and looking better, while improving overall health and fitness.

To stay motivated during those 3 months, here are a few suggestions:

Make a Decision. Are the benefits of exercise genuinely important to you? According to cardiologist, author, and fitness expert George Sheehan, M.D.,

> "It has to be important to you. You have to feel that your life in some way depends on your exercise...that if you stop, you're going to be diminished in some way."

Set Goals and Reward Yourself: Determine precisely what you want to achieve. By setting challenging, specific goals, you are setting yourself up to achieve them. When you achieve those goals, reward yourself. "It's crucial (to reward yourself)," according to Lauve Metccalfe, director

of program development at the Campbell Institute for Health and Fitness in Camden, New Jersey. "Who quits a program because he's having too much fun?"

Example of tangible rewards: A new pair of running shoes if you knock a minute off your time in the mile.

Schedule your workout: Get into the habit of working out at the same time each day. And, write that time on your calendar. Make keeping your workout schedule as important as eating or sleeping.

Watch your progress: Follow your movement on the Graphic Display to help pass time and cut down on boredom.

Plan a walking vacation: If you know you're going on a walking tour of Paris or on a mountain hiking trip next summer, you'll look forward to getting into shape for it.

Work at avoiding injuries: Phase into the sport gradually. Try running late in the day when your muscles are well warmed and less vulnerable to injury. Invest in a pair of good running shoes with shock absorption and heel support.

Get some group support: Join a running club or run with a partner. Use other runners' advice and support to get through the rough first few months until you get hooked on running.

Train for and enter a short race: A race is a great goal toward which to work, and the excitement of competition is sure to keep you going. Try a 5K (3.1 mile) or a 10K (6.2 mile) run.

Remember; "An unused engine rusts. A still stream stagnates. An untended garden tangles. Much of what we pass as age is disuse." (Source: Walter M. Borts, M.D., author of *We Live Too Short and Die Too Young).*

GETTING STARTED...AND STICKING WITH IT

For fitness newcomers or veterans, your ***STAR TRAC 3900 TREADMILL*** gives you the full control of your workouts. Follow these suggestions to get on the road to fitness.

Walking: Begin slowly and believe in your ability to reach a 4 mph speed in these stages:

1. Walk one mile comfortably in 15 minutes.
2. Walk 2 miles comfortably in 30 minutes.
3. Walk 3 miles comfortably in 45 minutes.
4. Walk for 45 to 60 minutes at this same pace, four times a week.

You can start walking today. There is no technique to learn or special clothing to buy, except a pair of comfortable walking shoes. You're unlikely to get injured. Walking on a treadmill is safer and gentler on your joints and muscles than exercising outdoors where your feet pound the pavement. That's especially good news if you're overweight. You're also more likely to stick with walking. It's easy, cheap, and accessible.

Running: Begin with the above walking goals if you're new to exercising. Be able to walk briskly for at least 30 minutes, then reach for these goals:

1. Gradually intersperse brief periods of running in your walking.
2. Work up to running more than walking until you can run for the entire time.
3. Run 2 to 3 miles in 30 minutes 3 to 5 days each week.

To avoid injuries, don't run more than 15 miles in a week.

Running is one of the most effective forms of aerobic exercise. You can get a great workout quickly while getting a lot of feedback to follow your progress. Also, running on a treadmill simulates outdoor training precisely while reducing risk of injury. It is a great race training tool that enables you to compare your progress with that of other runners your age.

Whether you're on a Star Trac treadmill or not, running is tough on your knees, legs, and feet. Don't try to do too much too soon. Beginners need patience. Be sure to check with your physician before you start any rigorous exercise program.

Breathing and Stretching

Before you engage in any type of exercise, you must prepare your muscles. Correct stretching and breathing will prevent injuries. Here are a few tips for stretching before and after you climb onto your treadmill and for breathing during your workout.

1. Always do pre- and post-workout stretches on both sides of your body before you climb onto your treadmill. These stretches loosen your tissues before they are exerted and promote circulation and minimize stiffness from lactic acid buildup afterward.
2. Move slowly into your stretch so that you feel resistance, but not much discomfort. Never use muscular strength to increase a stretch. Hold that position and breathe deeply and slowly for 5 to 10 seconds.
3. As you walk or run, breathe from your diaphragm, so that your stomach, rather than your rib cage and shoulders, rises and falls with each breath. Abdominal breathing encourages relaxation, lessens muscular tension, and helps lower blood pressure.

PREVENTIVE MAINTENANCE

CHAPTER 5

Star Trac strongly recommends that you perform regular preventive maintenance on your **STAR TRAC 3900 TREADMILL**. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear. Severe breakdown may result. Therefore, consistently follow the maintenance schedule below. Also, report unusual symptoms, such as error readings and blown circuit breakers, to Star Trac's Service Hotline at (800) 503-1221.

NOTE: Turn power "off," and unplug your **STAR TRAC 3900 TREADMILL** from the wall outlet before performing any of the following maintenance routrines.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances from the Display Control Panel, handrails, running belt, and motor shroud with a soft, clean cloth and diluted all-purpose cleaner, such as Formula 409 or FANTASTIK. Avoid using cleaner under the running belt.
- Inspect the running belt for alignment and tension. Do not tighten it every day if it is running straight and smoothly. If you see the belt slipping, adjust its tension using the instructions in *Adjustments—Slipping—Running Belt,* which follow.
- Check that the power cord is not damaged and does not run underneath the treadmill. If the cord appears damaged or altered in any way, turn off treadmill and call for service immediately.

WEEKLY MAINTENANCE

- Vacuum the floor under and around the treadmill. Do so with the treadmill at its maximum elevation or moved to another spot.
- Inspect the inside surface of the running belt and the top of the running deck for unusual wear. Check whether the belt looks glazed and melted underneath. If you see these signs, flip or replace the deck, and/or replace the belt, using the instructions in *Adjustments—Grinding,* which follow.
- Check handrail screws for looseness and retighten if necessary.

TWICE-WEEKLY MAINTENANCE

- Raise the motor shroud and vacuum around the motor and its ventilation holes. Avoid bumping or damaging parts normally covered by the shroud.

MONTHLY MAINTENANCE

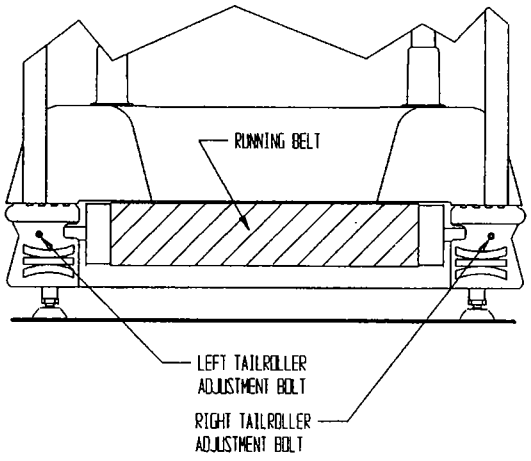
- Wipe the elevation screw with a dry cloth and coat them with silicon lubricant.
- Loosen the running belt as in *Adjustments—Thumping* below and check the inner surface of the belt and the top of the running deck.

ADJUSTMENTS

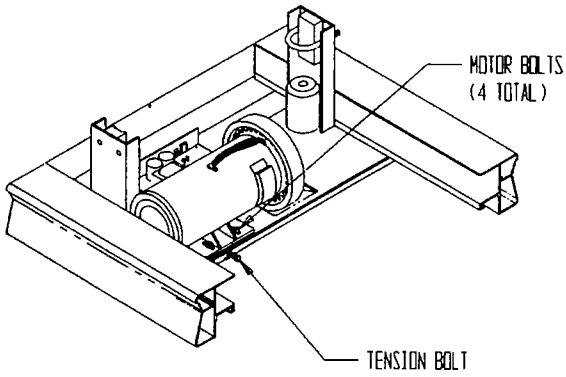
NOTE: Before performing the following adjustments, insure that you do not have any loose or hanging clothing or hair, which might get caught in the moving parts of the treadmill.

The running belt and its headroller, drive belt, tailroller, and running deck are designed to be self-centering, slip-free, and smooth-operating without need for frequent and critical adjustments. Running belt sideward movement, slipping, or grinding after extended use, or thumping during initial use, may be corrected by the following procedures:

Sideward Movement: Run the running belt slowly at 2 to 3 mph (3 to 5 km/hr). If the belt has moved to the right of center, turn the right tailroller adjustment bolt clockwise one-quarter turn with the 1/4" hex key; then turn the left tailroller adjustment bolt counterclockwise one quarter turn. Run the belt faster for at least 30 seconds to check its tracking. Repeat this adjustment until the belt is centered. If the belt moves to the left of center, reverse the above process.



Slipping—Running Belt: Lift the motor shroud and run the running belt slowly at 1 to 2 mph (2 to 3 km/hr). Watching the headroller, walk on the belt and try to slow it down by gently applying pressure with your feet while holding the handrails. If only the running belt, and not the headroller, slows down, tighten the running belt by turning both the right and left tailroller adjustment bolts clockwise one-quarter turn. Repeat this adjustment until the running belt no longer slips, ensuring that you turn the bolts an equal number of turns. If the headroller and the running belt both slow down, tighten the drive belt by the following procedure:



Slipping—Drive Belt: Elevate the treadmill to 5% to provide clearance underneath. Move the **ON/OFF** switch to **OFF,** unplug the treadmill, and lift the motor shroud, holding it raised with the bungee cord that you used during assembly, if that is convenient. With a 1/2" socket wrench, loosen the four motor bolts. Turn the tension bolt in the middle of the motor bracket 1/4 turn clockwise with the same wrench, stretching the drive belt. Tighten the motor bolts, replace the shroud, plug the treadmill in, turn it on, push , and test for slipping as before. Repeat this step if necessary.

Thumping: Turn the treadmill off. Turn the right and left tailroller adjustment bolts counter-clockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Check the under surface of the running belt and the top of the running deck. If the belt looks glazed and melted, replace it. If the deck shows underlying fibers, flip it (or replace it if it has been already flipped). Obtain instructions for replacing the belt and flipping or replacing the deck from Star Trac's Service Hotline at (800) 503-1221.

Grinding: Turn the treadmill off. Turn the right and left tailroller adjustment bolts counterclockwise with the 1/4" hex key until the running belt is loose. Note the number of times each bolt turned. Check the under surface of the running belt and the top of the running deck. If the belt looks glazed and melted, replace it. If the deck shows underlying fibers, flip it (or replace it if it has been already flipped). Obtain instructions for replacing the belt and flipping or replacing the deck from Star Trac's Service Hotline at (800) 503-1221.

MAINTENANCE LED

The **STAR TRAC 3900 TREADMILL** is designed with a MAINTENANCE LED that indicates when it is time to rewax the belt and deck per the following RE-WAXING procedure.

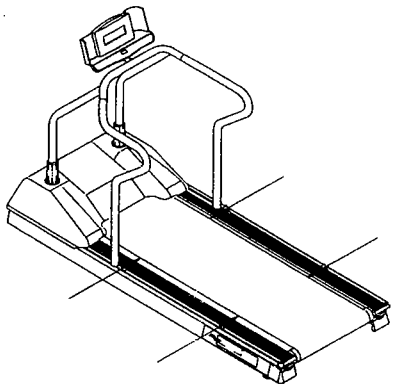
TREADMILL RUNNING BELT/DECK RE-WAXING PROCEDURE:

TOOLS & MATERIALS
1 Bag Wax Powder, & Teaspoon
1 Clean Towel, & a Paint Stick or Ruler
Diluted All-purpose Cleaner (409), or Bristle Brush
5/64 Hex Wrench

PROCEDURE

Apply wax powder while belt & deck are still warm (5 minutes minimum use) for optimum benefit.

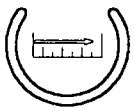
1. **CLEAN DECK & BELT:**
   A. Using the stick or ruler, slide a towel under the middle of the belt from one side of the frame to the other.
   B. Hold the edges of the towel (treadmill off), pull to the tailroller, pull to the head-roller, then pull the belt down to wipe the remaining belt = fast & easy. TIP: Fold the dirty towel & shake into trash.



2. **LIFT BELT:** (See Figure.) Lift the left side (facing display) of the belt, about 12 inches down from the cover. Hold the belt up to elevate half of the belt from the deck.
3. **SPREAD WAX:** (See Figure.) Gently place one level teaspoon of wax powder on the black slick-deck about two inches from the edge, and blow the wax steadily under the belt, such that the wax powder is evenly distributed across the deck. Extra wax will not harm the treadmill, but is unnecessary. TIP: Be neat; minimize cleanup.
4. Repeat steps 2 & 3, about 18 inches from the end of the deck.

5. Repeat steps 2 through 4, on the right side of the belt/deck.
6. **WALK:** Start the treadmill at 1 mph and walk on all sections of the belt and deck for 1 minute to ensure the wax has been evenly distributed and worked-in properly.
7. **CLEANUP:** Remove any excess wax with diluted cleaner (409) and towel, or bristle brush. TIP: Blow away extra wax first (like dust), then wipe.
8. **RESETTING THE MAINTENANCE LED:** While the treadmill is on, but not running, press the TIME display key, DISTANCE display key, and the SPEED display key simultaneously. The MAINTENANCE LED should turn "off".

TIME DISPLAY KEY



DISTANCE DISPLAY KEY

SPEED DISPLAY KEY

CALIBRATION PROCEDURE

Step 1: Plug in and Press Power Switch "ON". Display lights will scroll the "TRACK".

Step 2: Check to ensure the treadmill is on a flat surface. (Refer to Owner's Manual).

Step 3: Press "START" for minimum speed. Press "UP" to incline to 5% then "DOWN" to 0%.

Step 4: Press "STOP" to end. Turn Power Switch off. While depressing "DISPLAY SCROLL", turn the Power Switch "ON".

Step 5: Do not stand on the belt. Press "START". The treadmill will automatically calibrate at minimum, 1/2 maximum, & maximum speed for approximately 3 minutes. After treadmill stops, press "STOP" to end.

If you are unable to perform any of these operations, or have any questions about this procedure, call our customer hotline at 800-503-1221.

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